



MODULE 3

LESSON 6

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MODULE 3

WEEK 6 MENU PLAN

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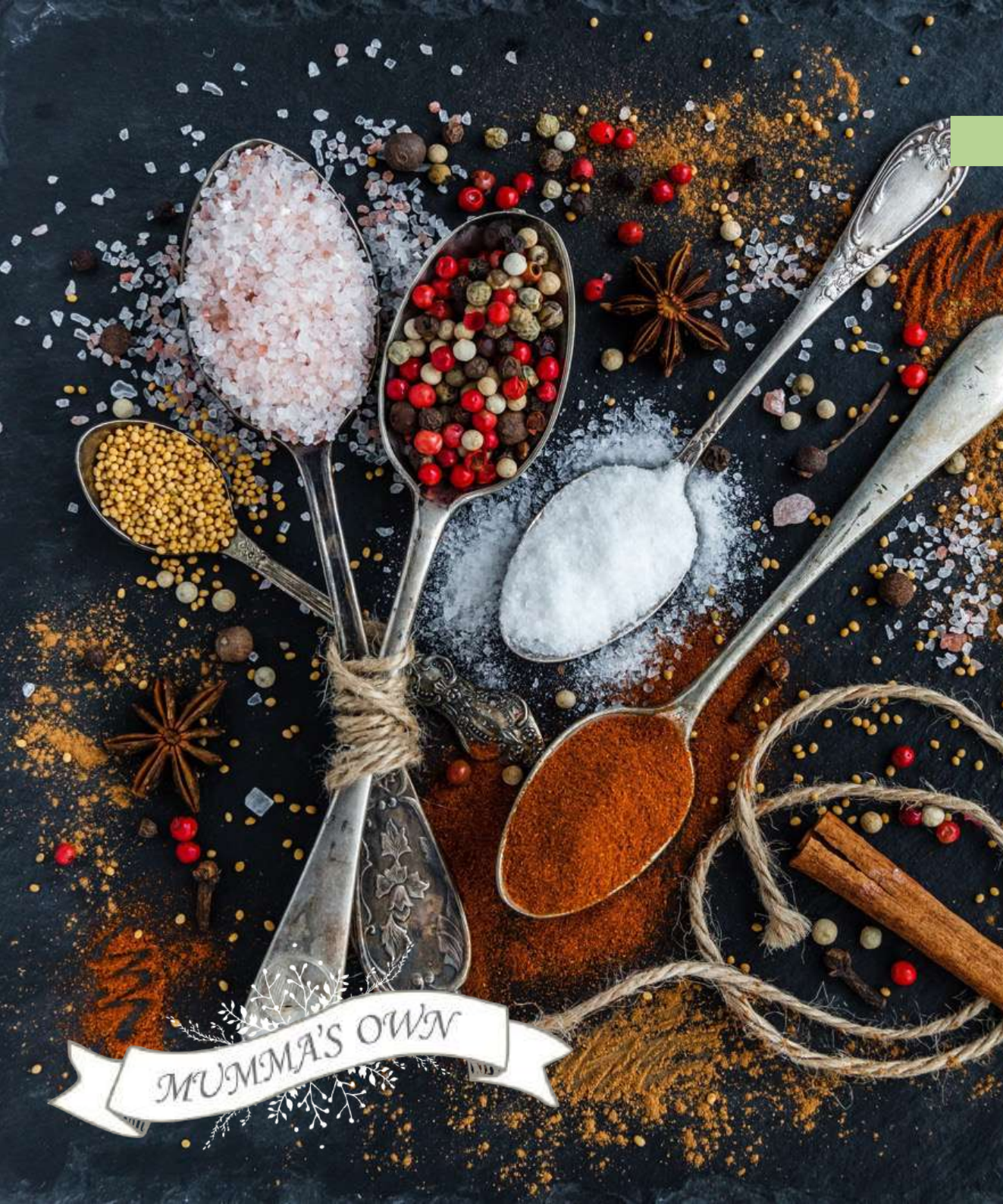
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BERRY BLISS SMOOTHIE

INGREDIENTS

Serves 1

- 1 cups frozen mixed berries
- 1 cup baby spinach or Kale
- ½ avocado
- ½ cup fresh pineapple
- 1 tablespoon parsley
- 1 tablespoon chia seeds
- 1 tablespoon linseeds
- ½ cup filtered spring water

Optional Extras:

- 1cm piece of fresh ginger
- 1 tablespoon Coconut Oil
- 1/4 cup Coconut Yogurt
- 1 tablespoon Coconut Kefir

INSTRUCTIONS

Place all of the ingredients (including any of the optional extras) into your blender of choice and blitz them together until they form a smooth creamy texture.

Pour into your favourite glass or travel cup and off you go... it's that easy



GREEN SMOOTHIE

INGREDIENTS

Serves 1

- ½ cup baby spinach
- ½ cup chopped kale
- ½ avocado
- ½ green apple
- ½ cup fresh pineapple
- 1 kiwi fruit
- 1 tablespoon parsley
- 1 tablespoon chia seeds
- 1 tablespoon linseeds
- ½ cup filtered spring water

Optional Extras:

- 1cm piece of fresh ginger
- 1 garlic clove
- 1 tablespoon coconut oil
- ¼ cup coconut yogurt
- 1 tablespoon coconut kefir

Place all of the ingredients (including any of the optional extras) into your blender of choice and blitz them together until they form a smooth creamy texture.

Pour into your favourite glass or travel mug and off you go... it's that easy

CHICKEN & VEGGIE MUFFINS

INGREDIENTS

Makes 12 muffins

- 600 grams chicken mince
- 1 ½ tablespoons Olive Oil
- ½ zucchini grated and squeezed
- 1 medium carrot grated
- 1 cup chopped Spinach
- 1 brown onion, finely diced
- 1-2 cloves garlic, crushed
- 6 eggs
- ½ teaspoon BiCarb Soda
- 2 sprigs fresh parsley, finely chopped
- 2 teaspoons Turmeric
- 1 teaspoon salt
- ¼ teaspoon pepper

INSTRUCTIONS

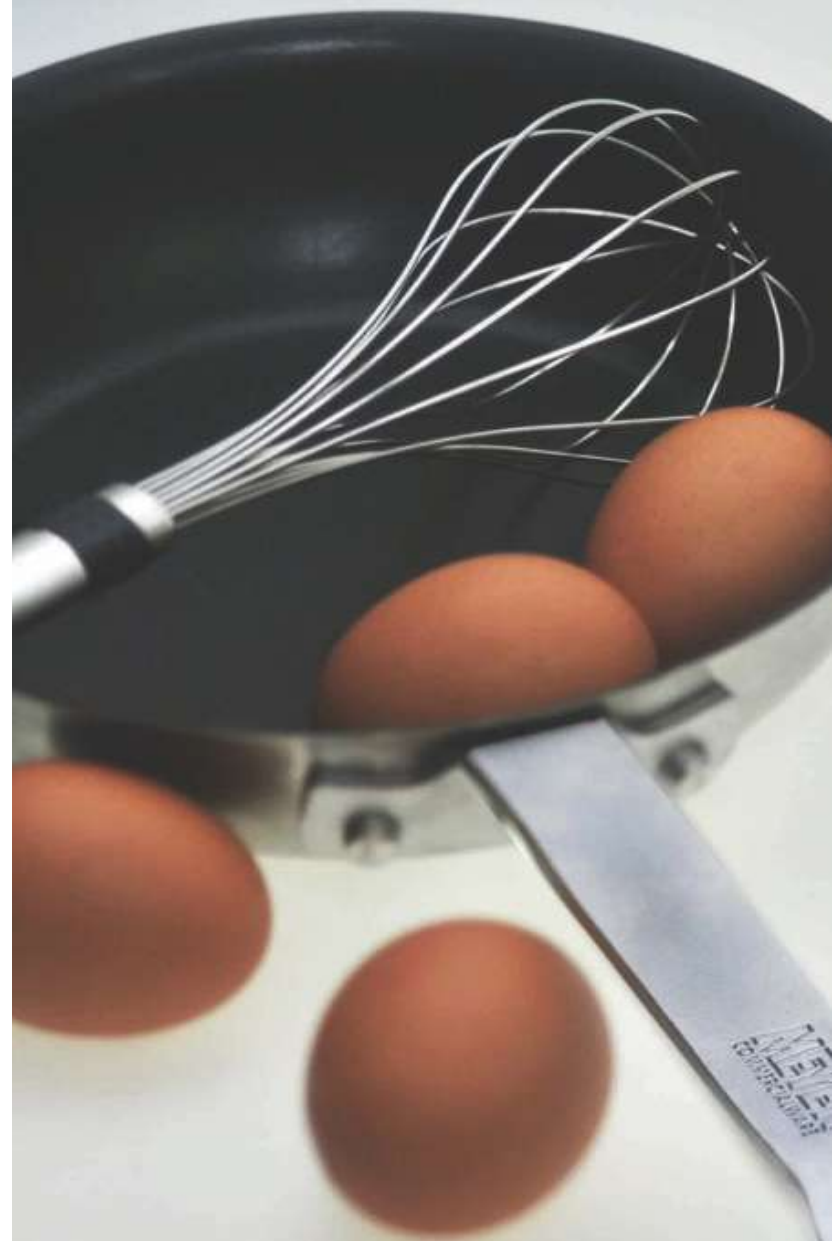
Preheat oven to 180°C.

In a frypan add olive oil and cook the onion, tossing around until they have softened. Add in the grated zucchini, carrot and spinach and quickly toss around until they have wilted then remove from the heat and place in a bowl to cool.

In another bowl whisk the eggs, bicarb, crushed garlic, parsley, turmeric, salt and pepper together then add in the chicken mince and blend well.

Once the onion and vegetable mix has cooled add to the mince mixture and blend together well with either your hands or a wooden spoon.

Spoon the mixture evenly into muffin pans and bake for 25 minutes or until the muffins are golden brown and cooked through.



A close-up photograph of a spicy mince dish. The mince is a rich, reddish-brown color, likely from the paprika and tomato. It is garnished with a fresh green herb, possibly parsley, which is placed on top of the mince. The background is slightly blurred, focusing attention on the texture and color of the mince.

SPICY MINCE w FRIED EGG

INGREDIENTS

Serves 2

- 200 grams beef mince
- 2 tablespoons olive oil
- 100mls meat stock
- 1/2 brown onion, finely diced
- 1 garlic clove, crushed
- 1 tablespoon Tamari (wheat free) or Coconut Aminos
- 1/4 teaspoon smoked paprika (optional)
- 1 teaspoon turmeric
- 2 free range or organic eggs
- 1 tablespoon chopped parsley
- Salt and pepper to taste

INSTRUCTIONS

Heat a large frying pan or wok over a medium-high heat and add in 1 tablespoon of olive oil to gently heat.

Add in the onion and garlic, cooking for about 3-5 minutes until the onion is tender.

Add in the mince to brown then add in the meat stock to simmer for 3-5 minutes.

In with the mince, mix in the tamari or coconut aminos, paprika, turmeric and parsley, season with salt and pepper to taste and leave to gently simmer on a very low heat to boil down some of the liquid.

In a separate frying pan add another tablespoon of olive oil, crack in the eggs and fry them until the white is set and the yolk is to your liking.

Serve hot with the fried egg on top of the mince.

RASPBERRY CHIA POTS

INGREDIENTS

Serves 2

- 1 cup fresh or frozen raspberries (or berries of choice)
- 250ml Almond / Coconut Milk
- 1/4 cup Chia Seeds
- 1 teaspoon Vanilla Extract
- 2 teaspoons Honey or Maple Syrup
- 1 Kiwi Fruit
- Fresh Mint

INSTRUCTIONS

In a food processor, place the raspberries and ½ the Almond / Coconut Milk and blend until smooth.

Add the rest of the Almond / Coconut milk, chia seeds and vanilla essence and pulse until well blended.

Divide the mixture into two serving jars or glasses, cover and put in the fridge for 1 hour.

Serve topped with some additional raspberries and chopped kiwi fruit.



SCRAMBLED EGGS w PAN FRIED MUSHROOM



INGREDIENTS

Serves 1

- 2 free range or organic eggs
- 2 tablespoons Olive Oil
- 1 large Swiss Brown Mushroom
- Pinch dried Greek Oregano
- Salt and Pepper to Taste

INSTRUCTIONS

In a large frying pan heat 1 tablespoon of olive oil, place the mushroom in the pan and season with salt, pepper and some dried oregano. Cook for 3 minutes then flip to the other side, season with salt, pepper and dried oregano and leave for another 3 minutes.

Remove from the pan, place on your plate and cover with foil to keep it warm then add another tablespoon of olive oil to the warm pan. Crack the eggs into a jug, beat together then pour into the frying pan and stir very slowly using either a spatula or wooden spoon (make sure you can get around to the edges of the pan)

Keep stirring very gently until the eggs are looking quite silky then place them on top of the mushroom, drizzle with a little extra olive oil and season with salt and pepper.

Serve immediately.

TURKEY AND TURMERIC SOUP

INGREDIENTS

Serves 3-4

- 1 Brown Onion, finely chopped
- 1-2 Cloves of garlic, grated
- 2-3 Spring Onions roughly chopped
- 2 tablespoons of Duck Fat
- 2 medium Carrots, chopped into small pieces
- ¼ head broccoli, roughly chopped
- 20 green beans, roughly chopped
- 1 Zucchini, roughly chopped
- 1.5 litres home made Turkey Stock
- 1 Turkey Drumstick meat (use meat from Turkey Meat Stock you've previously made)
- 1 tablespoon Turmeric
- 4 sprigs of Thyme
- 1 teaspoon rock salt
- ½ teaspoon black pepper

INSTRUCTIONS

In a large saucepan add your fat and gently heat.

Add in the brown onion and gently cook until translucent, then add in the garlic, carrots, Broccoli, Green Beans, Zucchini, Thyme, Turmeric, toss around and sweat for 5 minutes until tender.

Add in the turkey stock and turkey meat, bring to the boil then add in the salt and pepper and leave to simmer for 40 minutes.

When finished, throw in the chopped spring onions and serve immediately.



CHICKEN MEATBALLS

INGREDIENTS

- 1kg Chicken Mince
- ¼ zucchini grated and squeezed
- ½ medium carrot grated
- 1 brown onion, finely diced
- 1-2 cloves garlic, crushed
- 1 egg
- 1-2 sprigs fresh mint, finely chopped
- 2 sprigs fresh parsley, finely chopped
- 1 teaspoon sweet paprika
- 1 teaspoon smoked paprika
- 2 teaspoons Turmeric
- 1 teaspoon salt
- ¼ teaspoon pepper

*Makes a large batch suitable for freezing for up to 6 months
A serve is usually 3-4 meatballs.*

INSTRUCTIONS

METHOD

Crack the egg into a bowl and beat then add in zucchini, carrot, onion and garlic and mix well together.

Add in the mint, parsley, sweet paprika, smoked paprika, turmeric, salt and pepper and mix thoroughly again.

Add in the chicken mince and using your hands (I usually put on disposable gloves at this stage so it doesn't stick all over my hands but that's up to you) and mix everything together really well.

TO COOK

You can do them under the griller, shallow fry them or deep fry them, it's up to you.

If doing under the griller, roll the mixture into small balls and put on the griller tray which you have pre lined with foil to avoid a big mess afterwards.

Paint each ball with some olive oil and cook for 8-10 minutes before turning over, painting with oil again and cooking for a further 8-10 minutes.

If deep frying, fill your fryer with oil and cook as per their instructions.

If shallow frying place the equivalent of around ½ - 1 cup of oil in the frypan and cook for 15-20 minutes, turning gently until golden brown.

Serve with side of your choice from salads and vegetables or use as a quick snack.



BRAISED LAMB SHANKS

INGREDIENTS

Serves 4

- 4 tablespoons Olive Oil
- 4 Lamb Shanks
- 1 Onion finely sliced
- 2 cloves crushed garlic
- 2 carrots chopped
- 200grams Swiss Brown Mushrooms sliced
- 1 cup chopped Green Beans
- 1 cup frozen Peas
- 1 tin chopped tomatoes
- 1 tablespoon Turmeric
- 2 bay leaves
- 500ml Meat Stock of your choice
- Salt and pepper to taste at the end

INSTRUCTIONS

SLOW COOKER METHOD

In a frying pan place half the olive oil, heat gently and add in the lamb shanks to brown on all sides.

When browned move them into the slow cooker

Add in the Turmeric and Bay leaves and cook for 5 minutes, stirring the flavours through the vegetables well. Add in the rest of the ingredients except for the peas, stir around, put the lamb shanks back in the pot and put the lid on.

Remove from the frying pan and place into the slow cooker, add in the rest of the ingredients (except for the frozen peas), turn if on to low then leave to cook for 8-10 hours.

When done, switch off, throw in the frozen peas and serve with some cauliflower and leek mash and mixed greens with garlic.

STOVETOP METHOD:

In a heavy based cooking pot or casserole pot heat 2 table-
spoons of olive oil and place the lamb shanks in to brown.

Take them out and set aside, add in the rest of the olive oil and sauté the onion for 5 minutes then add in the carrot and mushrooms and cook for another 5 minutes

Add in the Turmeric and Bay leaves and cook for 5 minutes, stirring the flavours through the vegetables well. Add in the rest of the ingredients except for the peas, stir around, put the lamb shanks back in the pot and put the lid on.

Cover the pot and cook on low for 3-4 hours turning the lamb shanks each hour during this time, the meat is ready when it's starting to fall off the bone. To thicken the sauce you can cook with the lid off for the last 30 minutes.

Switch off the stove, add in the peas then season to taste with salt and pepper and serve on a bed of cauliflower and leek mash and mixed greens with garlic on the side.





HONEY & GINGER CHICKEN

INGREDIENTS

Serves 4

- 8 Organic Chicken Thigh Fillets
- 4 tablespoons Olive Oil
- 2 tablespoons Raw Honey
- 2 Garlic Cloves , crushed
- 1 thumb sized piece of Ginger peeled and crushed

INSTRUCTIONS

Heat your oven to 180°C to prepare it for baking the chicken.

Put the Olive Oil and honey into a frypan (that can go into the stove later) and heat until it starts to froth.

Crush in the garlic cloves and ginger, turn down the heat slightly and stir around

Put the chicken in to brown and caramelise, cooking for 2-3 minutes on either side.

Place the frypan uncovered into the oven and bake for 15- 20 minutes, turn and cook for an additional 15-20 minutes.

Serve with detox salad

Note:

The beauty of this recipe is you can cook it in bulk and freeze the left over chicken to throw into salads or take to work as an easy snack.

GRILLED RUMP STEAK

INGREDIENTS

Serves 1

- 200 gram piece of rump steak
- 2 tablespoons Olive Oil
- 1 teaspoon dried Oregano
- Duck Fat
- Salt and pepper to taste

*Cooking times
for 2cm thick rump*

Rare - 2 ½ minutes on each side

Medium Rare - 3-3 ½ minutes on each side

Medium - 4 minutes on each side

Well Done - 6 minutes on each side

INSTRUCTIONS

Take your steak out of the fridge for 30 minutes before cooking and season with salt, pepper, 1 tablespoon Olive Oil and dried oregano

Heat a griddle pan and lightly coat with the rest of the Olive Oil

When the griddle pan is hot place the steak in and cook for your desired time on each side, depending on how you like it.

Top with 1 teaspoon duck fat, leave to rest for a couple of minutes then serve with side of your choice from salads and vegetables.



OSSO BUCCO w MUSHROOMS

INGREDIENTS

Serves 4

- 4 pieces Osso Bucco
- 4 tablespoon chosen fat
- 2 leeks finely sliced
- 3 garlic cloves
- 1 red capsicum finely sliced
- 200 grams sliced Swiss brown mushrooms
- 200 grams Pumpkin, chopped into small pieces
- 200ml Red Wine
- 700ml Meat Stock of your choice
- 2 tablespoons tomato paste
- 2 bay leaves
- 2 teaspoons Smoked Paprika
- 2 teaspoons Mild Paprika
- 2 teaspoons Turmeric
- Salt and pepper to taste

INSTRUCTIONS

Pre heat a large casserole pot with 2 tablespoons of your chosen fat, add the meat to brown then remove and put aside on a plate.

When browned add in another 2 tablespoons of chosen fat with the leek and garlic and sauté for 5 minutes or until tender.

Add in the mushrooms, capsicum and pumpkin and cook for 5 minutes, until they soften then add the smoked paprika, mild paprika, Turmeric and Bay leaves and cook for another 5 minutes to bring out the flavour and aroma of the spices.

Place meat back in to the pot with the wine, tomato paste and meat stock, bring to the boil and then reduce to a simmer for 3 hours on low, checking every 30-60 minutes and stirring to make sure it's not sticking at the bottom.

For the last 30-45 minutes simmer with the lid off to allow the sauce to thicken, add salt and pepper to taste.

Serve with cauliflower mash and mixed greens with garlic.



SALMON PARCELS

INGREDIENTS

Serves 1

- 1 salmon fillet
- ½ lime
- Olive Oil
- Salt and pepper to taste

INSTRUCTIONS

Take a 1m long sheet of alfoil, fold in half and place the salmon fillet in the middle. Squeeze half a lime over the fish, drizzle a small amount of olive oil, add salt and cracked black pepper to taste.

Carefully bring up the edges of the fold and fold into a packet securely leaving enough airspace to allow the fish to steam.

Place on an oven tray and put into a preheated oven (180°C) for 25 minutes. (If you like your salmon a little more raw in the centre you can cook for less time)

Serve with side of your choice from salads and vegetables.



LAMB CHOPS

INGREDIENTS

Serves 1

- 2 lamb chops
- 2 tablespoons Olive Oil
- 1 teaspoon dried Oregano
- Duck Fat
- Salt and pepper to taste

INSTRUCTIONS

Take your chops out of the fridge for 30 minutes before cooking and season with salt, pepper, 1 tablespoon Olive Oil and dried oregano.

Heat a griddle pan and lightly coat with the rest of the Olive Oil.

When the griddle pan is hot place the chops in and cook for your desired time on each side (3 minutes on either side for medium rare).

Top with 1 teaspoon duck fat, leave to rest for a couple of minutes then serve with some mixed greens and garlic.



GREEN DETOX SALAD w TUNA

INGREDIENTS

Serves 2

- 2 handfuls baby spinach
- 2 handfuls rocket
- 4 sticks celery, finely sliced
- 2 Lebanese cucumbers, roughly chopped
- ½ medium beetroot grated
- 3 tablespoons Parsley
- 4 tablespoons raw Pepitas
- 1 tablespoon Chia Seeds
- 1 Avocado, roughly chopped
- 2-3 tablespoons Apple Cider Vinegar
- 2-3 tablespoons Cold Pressed Olive Oil
- 2 small tins Tuna done in Spring Water

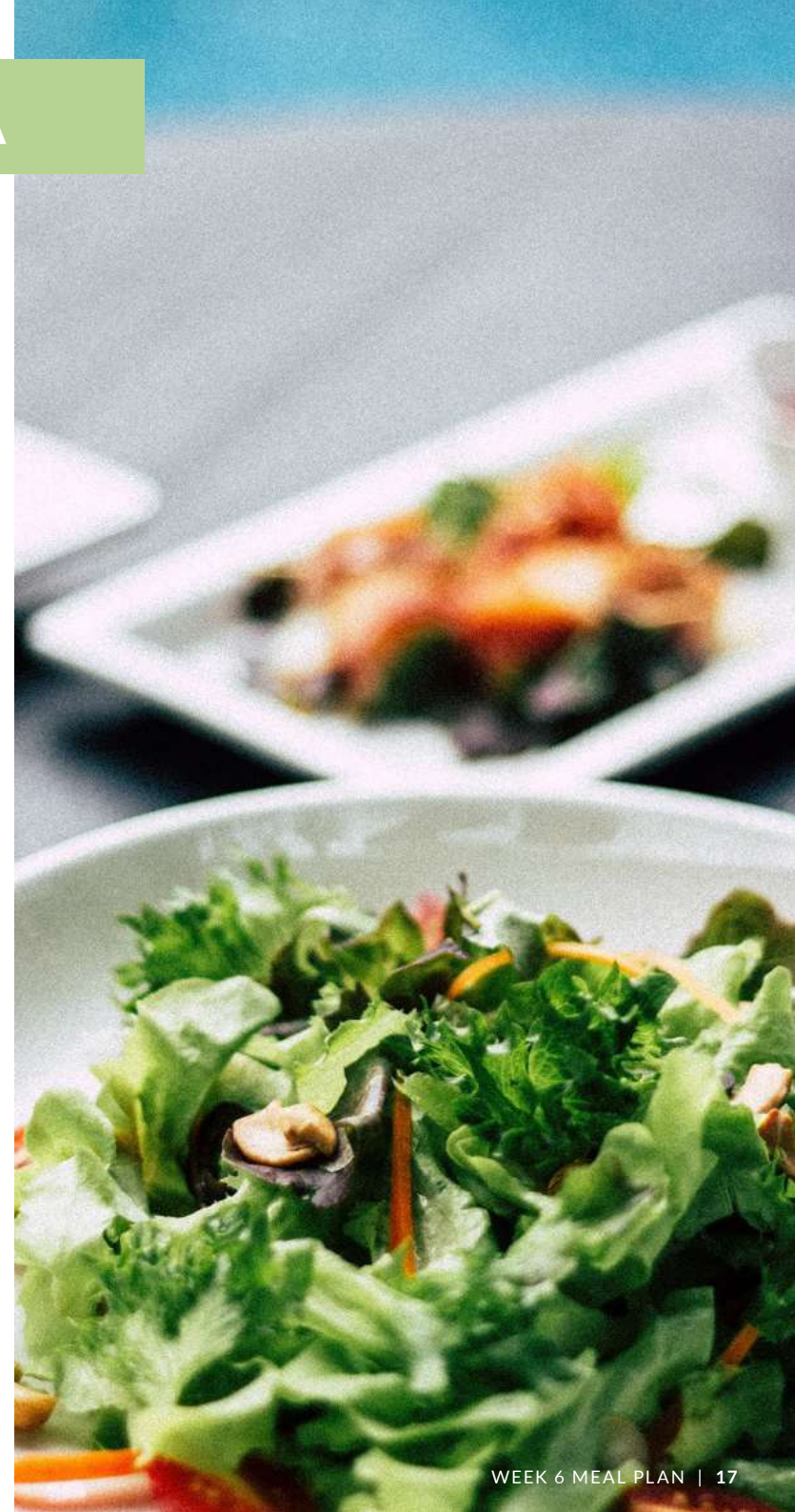
INSTRUCTIONS

Combine all of the ingredients into a large bowl, divide into two serves.

In a jar mix up the apple cider vinegar and olive oil and shake to mix up.

When ready to eat each salad then add a drained, 90 gram tin of tuna and the dressing and eat immediately.

The second salad can be put in a lunchbox and used at another time.



CAULIFLOWER & LEEK MASH

INGREDIENTS

Serves 4-6

- 800 grams Cauliflower
- 1 Leek roughly chopped
- 200 grams Meat Stock of your choice
- 2 tablespoons duck fat
- Salt and pepper to taste

INSTRUCTIONS

THERMOMIX METHOD

Place the cauliflower and leek into the Thermomix and roughly chop, 5 seconds / speed 3, scrape down the sides and repeat. (You may need to do in two batches to make sure it chops evenly)

Put all of the chopped cauliflower and leek into the Thermomix with the meat stock and chosen fat then cook for 20 minutes / Varoma / Speed 1.

Once done blitz together for 10 seconds / speed 8, then add salt and pepper to taste. Scrape down the sides and repeat until it's nice and creamy.

STOVETOP METHOD

Roughly chop the cauliflower and leek, place in a saucepan with the meat stock and animal fat, bring to the boil and simmer for 25 minutes or until cauliflower and leek are nice and soft.

Using either a blender / food processor / stick blender blitz together until nice and creamy.

Add in the salt and pepper to taste.



MIXED GREENS w GARLIC

INGREDIENTS

Serves 2-3

- 1 Leek, finely sliced
- 2 cloves Garlic, finely chopped
- 1 bunch Broccolini
- 1 handful Snow Peas
- 2 small Bok Choy, roughly chopped apart
- 10 Brussels Sprout, chopped into quarters
- 1 medium Zucchini, roughly chopped
- 2 tablespoons Olive Oil or Duck Fat
- 2 Spring Onions finely sliced
- Salt and pepper to taste

INSTRUCTIONS

Heat your chosen fat in either a wok or deep frypan, add in the leek and sauté for 1 minute.

Add in the Broccolini and Brussels Sprouts and stir fry for 2-3 minutes then add in the Snow Peas, Bok Choy, Zucchini and stir fry for an additional 2-3 minutes.

Throw in the Spring Onions, toss together, mix through the garlic and season with salt and pepper.

Makes a great side to most meals.



COS SALAD w MUSTARD DRESSING

INGREDIENTS

Serves 2

- 2 baby cos lettuces
- 1 bunch chopped parsley
- 2 tablespoons Pepitas

Mustard Dressing

- 1/2 ripe avocado mashed
- 1/4 cup Apple Cider Vinegar
- 2 teaspoons wholegrain or dijon mustard
- 1/4 teaspoon Rock Salt
- 1 clove of garlic, crushed
- 1/3 cup Olive Oil

INSTRUCTIONS

Roughly chop up the cos lettuces and herbs and place in a bowl with the pepitas and toss around.

TO MAKE THE DRESSING:

Mash the avocado in a bowl then add in the rest of the ingredients and mix around until it is creamy and well combined.

Pour over the salad and thoroughly mix around so it's all coated with the dressing and serve immediately.

Note:

Don't dress the salad until you're about to use it.

COS SALAD

INGREDIENTS

Serves 2

- 2 baby cos lettuces
- 1 Raddichio lettuce
- 2 spring onions finely sliced

Dressing

- 1 tablespoons Apple Cider Vinegar
- ¼ cup mixed herbs finely chopped (fresh Parsley / fresh Greek Oregano)
- ¼ teaspoon Rock Salt
- pinch black pepper
- 1 garlic clove crushed
- 50mls olive oil

INSTRUCTIONS

Roughly chop up the cos lettuce and place in a salad bowl with the finely sliced spring onions.

To make dressing:

In a small glass jar place all of the ingredients and put the lid on tightly. Shake well until all the ingredients are well combined.

Dress the salad, toss it around and serve.



GREEN BEANS w TOMATO

INGREDIENTS

Serves 2-3

- 300gm fresh green beans
- 3 tablespoons olive oil
- ½ medium red onion, finely sliced
- 2 cloves garlic, crushed
- 400gm chopped tomatoes (fresh or canned)
- ½ cup meat stock
- Salt and pepper to taste
- 5-6 leaves fresh basil, torn into pieces (use oregano if don't have any basil)

INSTRUCTIONS

Cut the ends off the beans and wash well in plenty of cold water, then drain.

Heat the oil in a large frying pan with a cover. Add the onion slices and cook until just soft, 5-6 minutes.

Add the tomatoes and cook over moderate heat until they soften and reduce slightly, about 8-10 minutes.

Stir in stock, season with salt and pepper to taste.

Add the beans and garlic, turning it all over in the pan to coat with the sauce. Cover the pan and cook over a moderate heat until tender, about 10-15 minutes depending on how well done you like your beans.

Stir occasionally and add a little more water or stock if the sauce dries out too much.

Before serving, stir through the basil or oregano and then serve.

RAW BEETROOT & CABBAGE SALAD

INGREDIENTS

Serves 2

- ¼ red cabbage
- 1 large raw beetroot well scrubbed and cleaned
- 2 celery sticks finely sliced
- 2 teaspoons sesame seeds

Dressing

- ¼ cup Apple Cider Vinegar
- ¼ cup Olive Oil
- 2 teaspoons dried oregano
- Salt and Pepper to taste

INSTRUCTIONS

MAKE THE SALAD

Finely slice the cabbage and place in a bowl. Grate the beetroot and add to the bowl with the finely sliced celery, then mix well together.

MAKE THE DRESSING

In a jam jar mix the dressing ingredients together and shake well to combine.

ASSEMBLING THE SALAD

When ready to serve the salad, pour over the dressing and toss together well to ensure it all combines then serve immediately.

Note:

If you have a food processor you can use that to grate the cabbage and beetroot.



GUACAMOLE

INGREDIENTS

Serves 2

- 1 ripe Avocados mashed
- ½ red chilli (deseeded and finely - chopped) - Optional
- ¼ red onion finely diced
- 6-8 cherry tomatoes finely diced
- 1 teaspoon chopped parsley or coriander (whichever you prefer)
- 1 tablespoon lime, juiced
- 2 teaspoons Olive Oil

INSTRUCTIONS

Peel and place the avocado into a bowl and mash roughly with a fork. Add in the finely diced red onion, cherry tomatoes, lime juice, olive oil and chopped parsley or coriander and mix together.

Makes a great side to any meal.



VEGGIE STICKS

INGREDIENTS

Serves 1

- ½ Lebanese Cucumber
- ½ Carrot, washed well or peeled
- ½ Red Capsicum
- 2 celery sticks

INSTRUCTIONS

Slice all ingredients into vegetable sticks and use as either a side to meals such as the chicken meatballs or as an easy snack.



BEETROOT HOMMUS

INGREDIENTS

- 500 grams Beetroot
- 2 tablespoons Tahini
- ½ tin chickpeas, drained
- 2 cloves Garlic
- 2 tablespoons Olive Oil
- 2 tablespoons Lemon Juice
- 1 tablespoon Apple Cider Vinegar
- ½ teaspoon Himalayan Rock Salt
- ¼ teaspoon Black Pepper

INSTRUCTIONS

Preheat the oven to 180°C.

Quarter the beetroot and place on a baking tray with the peeled garlic, drizzle with olive oil then put into the oven for 30-40 minutes or until very tender.

Take out of the oven and set aside until cool then place into a food processor or Thermomix with all the other ingredients and process until smooth.

Check seasoning and adjust if necessary then serve with raw vegetable sticks.





APPLE CRUMBLE w MACADAMIAS

INGREDIENTS

- 1 cup raw Macadamia Nuts
- 30 grams water
- 50gms Honey
- 600gms Apples (peeled and sliced)
- 1 teaspoon Cinnamon

INSTRUCTIONS

Preheat oven to 180°C

Place the nuts in either a food processor or Thermomix and quickly blitz the Macadamias to your desired consistency. I like to leave them more coarsely chopped so they still have lots of crunch.

In a frypan place the water and apples, gently poaching on a low-medium heat with the lid on for around 15 minutes. Check every few minutes and stir around to ensure they're not sticking.

When almost cooked, increase to a more medium-high heat and add the honey, gently blending it all together so the honey starts to bubble slightly. You can also dust some cinnamon into the apple mix as well.

When the apples are completely cooked transfer them into a baking dish and spread the chopped macadamia nuts over the top and dust with some extra cinnamon.

Place the dish into your preheated oven and bake for 10-15 minutes, or until the nuts have slightly browned but not burnt.

Can be served hot or cold as a snack or little dessert treat.

CHIA & MACADAMIA PUDDING

INGREDIENTS

Serves 2

- 50 grams Chia Seeds
- 125mls Coconut Cream or Coconut Milk
- 4 Macadamia Nuts finely grated
- ¼ cup Shredded Coconut
- 2 teaspoons maple syrup or honey
- 1 teaspoon vanilla essence
- Berries to serve

INSTRUCTIONS

In a bowl place the chia seeds, coconut cream or milk, shredded coconut, honey or maple syrup, vanilla essence and mix together well.

Pour the mix into 2 small bowls or glasses (depending on serving size you prefer) and refrigerate for 3 hours before serving.

Serve with some of your preferred fruit and some grated macadamia nuts.



LEMON WATER

INGREDIENTS

Serves 1

- ¼ Lemon
- 250ml room temperature water
- ½ teaspoon Sauerkraut Juice

INSTRUCTIONS

Pour 250ml room temperature water into a glass (make sure the water is at blood temperature so it doesn't destroy the good bacteria in the Sauerkraut Juice).

Squeeze in ¼ lemon and add ½ teaspoon Sauerkraut Juice.

Drink this slowly first thing in the morning.

WHY DRINK IT

Lemons are packed with a number of health benefits including Limonene which is anti-carcinogenic and will reduce fat build up in the liver and stimulate it to flush out the toxins in your body.

Given lemon juice is also high in Vitamin C, Potassium, Magnesium and Copper it'll also boost your bodies detoxification processes and with Vitamin C being such a great anti-oxidant it'll help keep those colds and flus away.

Sauerkraut juice contains a number of beneficial bacteria which support gut healing and in turn will support the clearing of your eczema.



HEALTHY DETOX DRINK

INGREDIENTS

Serves 1

- 250ml Glass of Warm Water
- 2 teaspoons Apple Cider Vinegar
- ½ fresh lemon squeezed
- ½ teaspoon freshly grated ginger
- ½ teaspoon freshly grated turmeric
- ¼ teaspoon cinnamon
- 1 dash Cayenne Pepper
- 1 teaspoon raw honey (optional)

INSTRUCTIONS

Ensure water is warm then add all the ingredients together.

Mix together well and serve either warm or room temperature.

Take this on an empty stomach, preferably in the morning.



MEAT STOCK DRINK

INGREDIENTS

Serves 1

- 200ml mug meat stock of your choice
- ½ teaspoon freshly grated Turmeric or ¼ teaspoon powder
- ½ teaspoon freshly grated Ginger
- ½ teaspoon Smoked Paprika (optional)
- 1 grated garlic clove
- 1-2 teaspoons fresh Parsley (or other herb of choice)
- Salt and pepper to taste

INSTRUCTIONS

Take your favourite meat stock and heat 200ml on the stove.

Once heated add in Turmeric, Ginger, Smoked Paprika (if using), Garlic, Parsley (or chosen herb), Salt and Pepper

WHY DRINK IT

Meat stock is jam packed with vitamins, minerals and collagen as well as amino acids such as glutamine (gut healer), glycine and proline all of which are essential to our bodies day to day metabolic functions.

The collagen heals the gut and reduces intestinal inflammation.

COCONUT PITA BREAD

INGREDIENTS

- 2 cups Coconut Flour
- 8 tablespoons Psyllium Husks (this gives it a lovely elasticity not too dissimilar to bread)
- 2 teaspoons bicarb soda
- ½ teaspoon Himalayan Rock Salt
- 2 cups hot water

INSTRUCTIONS

Boil the water in the kettle then leave it to sit for around 10 minutes. Place all of the other ingredients into a mixing bowl.

Pour the hot water over the dry ingredients and mix with a wooden spoon to pull all of the ingredients together, it should start form a dough ball (if it doesn't seem to be coming together and is a little dry add another ½ cup of hot water)

Leave the dough to sit for 5 minutes (more for it to cool down and be easier to handle)

Take two pieces of baking paper so you can roll out the dough between them into small pita breads.

Baking options:

You can either lightly pan fry them to give them a bit of a "Naan" like finish or alternately bake them in the oven on 180°C for around 5-10 minutes on either side.

These can be frozen.





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